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## FLAVOURS OF AUTUMN



### PREMIUM SALADS & SANDWICHES

Comes with cutlery, chips, whole fruit, bottled water and cookies

### SANDWICHES

#### Jalapeño Chicken Wrap

1 Wrap | 600 cal

Red pepper & lime chicken salad, mashed black beans, jalapeño peppers & cheddar cheese on a hearty grain tortilla  
**\$13.99 per guest**

#### Muffaletta

1 Sandwich | 770 cal

Spicy sopressata, genoa salami, prosciutto, mortadella, ham, provolone and olive spread on ciabatta  
**\$13.99 per guest**

#### Roasted Vegetable Hummus Baguette

1 Sandwich | 660 cal

Roasted broccoli, cremini mushrooms and eggplant with hummus, feta cheese and romaine lettuce on a baguette  
**\$12.99 per guest**

### SALADS

#### Grilled Chicken, Fig & Bleu Cheese Salad

1 Salad | 580 cal

Greens, oranges, figs, walnuts, bleu cheese & chicken served with fat-free raspberry vinaigrette and pita crackers  
**\$14.99 per guest**

#### Turkey, Pear & Freekah Salad

1 Salad | 570 cal

Baby kale, roasted turkey, herbed freekah, bosc pears, carrots and almonds served with low-fat balsamic dressing  
**\$14.99 per guest**

#### Roasted Squash, Apple & Chicken Salad

1 Salad | 420 cal

Greens, butternut squash, chicken, cranberries, apples and parmesan cheese with apple cider vinaigrette and pita crackers  
**\$13.99 per guest**

### SERVED LUNCHEONS & DINNERS

All come with rolls and butter, garden salad, Chef's choice of starch and seasonal vegetable; iced water, unsweetened iced tea, coffee, decaf, hot tea, and chocolate cake for dessert. For dessert substitutions contact the Catering Department.

#### Pork Tenderloin, Sweet Potato & Rapini

1 Plate | 340 cal

Latin-spiced pork tenderloin served with sweet mashed potatoes and sautéed broccoli raab  
**\$19.99 per guest**

#### Pan-seared Chicken Breast with Asparagus

1 Plate | 680 cal

Seared crispy skin-on chicken breast with cranberries and leeks in a light cream sauce served with risotto and asparagus  
**\$17.99 per guest**

#### Seared Salmon with Kale and Quinoa Salad

1 Salad | 440 cal

Seared salmon filet over kale quinoa salad tossed with lemon dill vinaigrette and garnished with pickled red onions  
**\$21.99 per guest**

#### Spinach Salad with Lemon Shallot Artichoke Hearts & Grilled Chicken

1 Salad | 400 cal

Baby spinach, roasted artichoke hearts and goat cheese topped with grilled chicken in a lemon shallot vinaigrette  
**\$17.99 per guest**

### HORS D'OEUVRES

#### Pretzel Bites with Sweet Sriracha Mustard

1 Serving (2 bites) | 160 cal

Golden brown pretzel bites served with a sweet and spicy sriracha mustard  
**\$15.99 per dozen**

#### Johnny Cakes with BBQ Pulled Chicken

1 cake | 150 cal

Mini seared corn cake with BBQ pulled chicken and topped with an apple slaw.  
**\$19.99 per dozen**

#### Short Rib Stuffed Arancini

1 Serving (1 pc) | 160 cal

Slow cooked short rib stuffed inside a risotto ball.  
**\$22.99**

### SOUP

#### Turkey Chili

\$2.99

#### Vegan Corn and Wild Rice Chowder

\$2.59

Laura Stackhouse – Director of Catering  
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CATERING

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### BREAKFAST Á LA CARTE SELECTIONS & ADD ONS

#### Sunrise BLT Egg Salad Wrap 1 Wrap | 740 cal

A flaky flatbread with herbed egg salad, crispy bacon, fresh tomato, sun-dried tomato pesto and mixed baby greens  
**\$5.99 per guest**

#### Honey Red Berry Yogurt Parfait V 1 Parfait | 260 cal

Vanilla Greek yogurt topped with red berry cereal and toasted almonds with a honey drizzle  
**\$3.99 per guest**

### SPECIALTY STATIONS

Minimum group size 15



#### Overnight Oats Bar 1 Serving | 150-560 cal

Honey sweetened overnight oats with your choice of tasty toppings!  
**\$5.99 per guest**

### BEVERAGES & DESSERTS

Cranberry Roasted  
Pineapple Lemonade VG  
8 oz | 50 cal  
**\$24.99 per gallon**

Orange, Pear & Golden  
Beet Iced Tea VG  
8 oz | 70 cal  
**\$24.99 per gallon**

Mexican Chocolate V  
Pots de Crème  
1 Pot | 720 cal  
Mexican sweet chocolate and  
cream infused with hot chiles  
and espresso coffee  
**\$3.50 per guest**

Banana Nutella Trifle V  
1 Dessert Cup | 230 cal  
Crumbled chocolate cake  
layered with Nutella mousse,  
sliced bananas and topped off  
with a Nutella drizzle and  
chocolate chips  
**\$3.99 per guest**



VG VEGAN V VEGETARIAN  MINDFUL

- 2,000 calories a day is used for general nutrition advice, but calorie needs vary.
- Additional nutritional information available.

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